

# Checklist for Staying in Your Own Home

The first step in remaining in your own home is accessing the types of services or supports you and your family will need. To find out more about how to bring needed services or supports into your home you can contact your local Area Agency on Aging.

Services Needed	YES	NO	Comments
Adult Day Services			
Bathing Assistance			
Continence/Incontinence			
Cooking & Meals, Assistance with			
Dementia Services			
Dressing Assistance			
Environment – Safe, Secure			
Exercise			
Financial Planning			
Housekeeping Services			
Legal issues (Wills, Advanced Directives, Power of Attorney, Estate Planning, etc.)			
Medication, Assistance with			
Mental Health			
Mental stimulation			
Monitoring of Vitals (blood pressures, food or liquid intake, weight)			
Occupational Therapy (improves one's ability to perform daily activities)			
Physical Therapy			
Respiratory Assistance			
Snow Removal & Lawn Care			
Social Activities			
Speech Therapy			
Transportation			
Walking, Assistance with			